

COWS

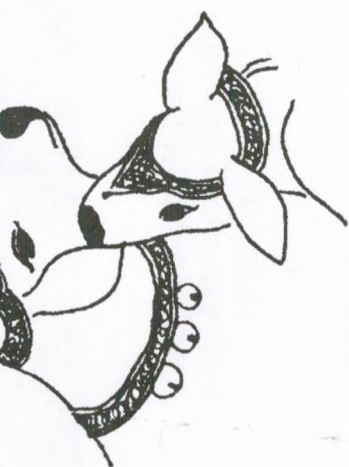
Spiritual Fundamentals



Cows

Spiritual Fundamentals





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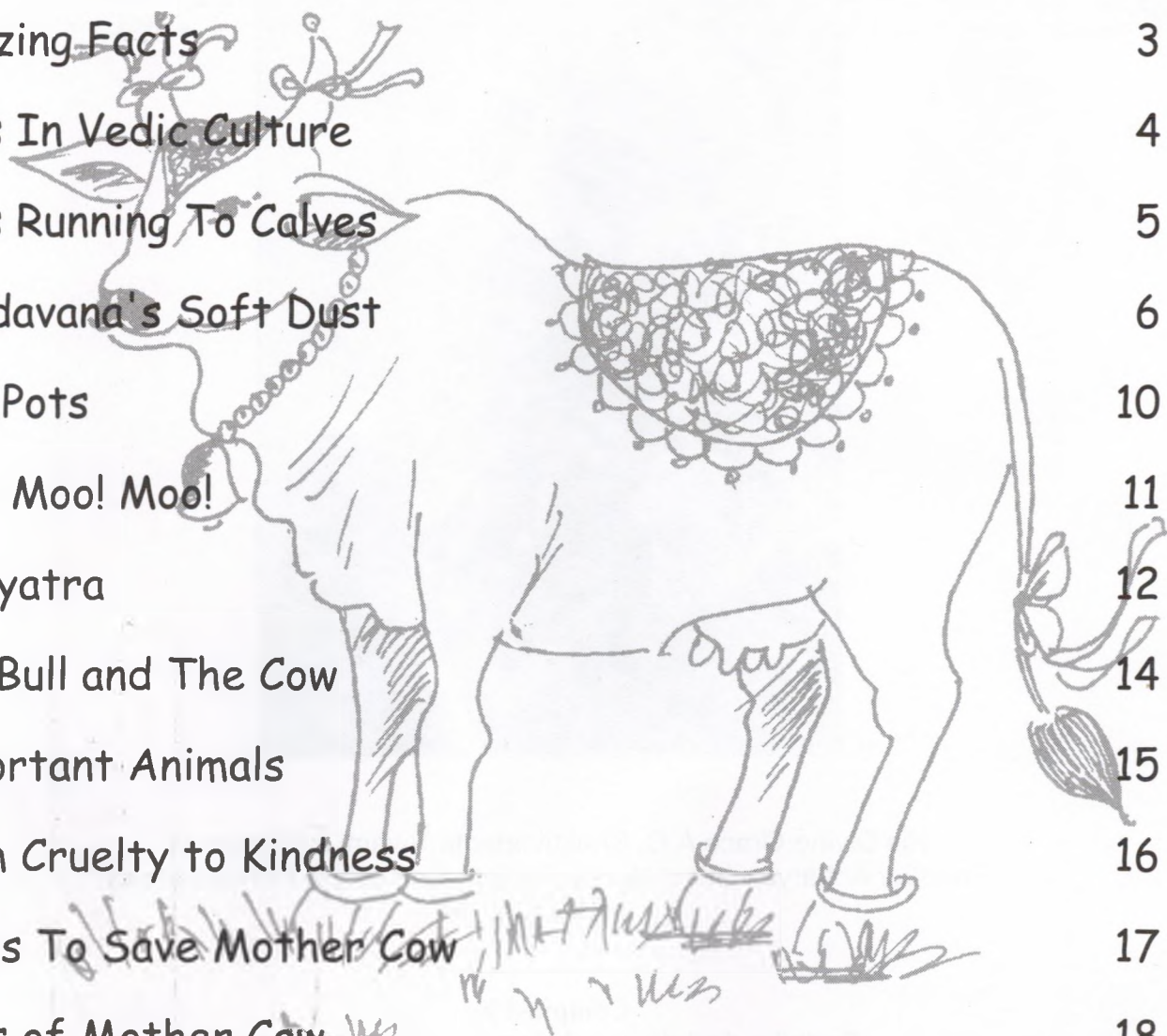
His Divine Grace A.C. Bhaktivedanta Swami Prabhupada
Founder Acharya - International Society for Krishna Conciousness
ISKCON

Compiled by
Radhika devi dasi and Hemangi Gopi devi dasi

Illustrated by
Hemangi Gopi devi dasi

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MESSAGE TO PARENTS AND TEACHERS

His Divine Grace A.C.Bhaktivedanta Swami Prabhupada, the Founder Acharya of ISKCON was very concerned about Vedic education. He said, "Child is the father of man, so the basic principle of any type of life is to instruct the children from the very beginning in Krishna Consciousness to enable children to grow to be leaders of human society."

In the Srimad Bhagavatam, Canto 7 there is a shloka.

ātma-mātā guroh patnī
brāhmanī rāja-patnikā
dhenur dhātrī tathā prithvī
saptaitā mātarah smritāh

There are seven kinds of mothers. These mothers are the original mother, the wife of the teacher or spiritual master, the wife of a brāhmana, the king's wife, the cow, the nurse and the earth.

Stories, pictures, puzzles and other activities help the child absorb spiritual knowledge and values in a fun filled exciting way.

We are thankful to Radhika devi dasi and Hemangi devi dasi who have helped in bringing out this book and Dr.Sahadev Prabhu whose books have been a source of inspiration. We are grateful to Madan Gopal Prabhu for his seminars. Bhaktin Geetika has worked hard in typing and lay out design.

We thank Vaishnavas all around the world for their blessings, suggestions and continued support. We pray at the lotus of feet of Shri Guru and Shri Gauranaga that these devotional books be of some help in bringing about a positive change in the rapidly degrading civilization.

Hare Krishna.

Radheshyam Das
President
ISKCON, PUNE

Shloka

namo brāhmanāyā-devāya
go-brāhmana-hitāya ca
jagad-dhitāya krishnāya
govindāya namo namah

"My Lord, You are the well-wisher of the cows and
the brāhmanas, and You are the well-wisher of the
entire human society and world."

(Vishnu Purāna 1.19.65)

Put Krishna and Cow Sticker

Economic benefits of the Cow

We have one planet to live on and all our needs have to be satisfied with whatever is here. So called waste generated by one living being is effectively utilised by another and so on. This is where the cow comes into the picture.



There are so many facilities afforded by cow protection, but people have forgotten these arts. Even now in the Indian villages surrounding Vrindavana, the villagers live happily simply by giving protection to the cow. They keep cow dung very carefully and dry it to use as fuel. They keep a sufficient stock of grains, and because of giving protection to the cows, they have sufficient milk and milk products to solve all economic problems. Even the urine and cow dung have medicinal value.

Human society should depend upon cows for its requirement of food production, soil fertility, nutrition, healthcare, fuel supply, transport, spiritual well being, development of human qualities, performing religious duties, environmental protection and ecological preservation and balance.

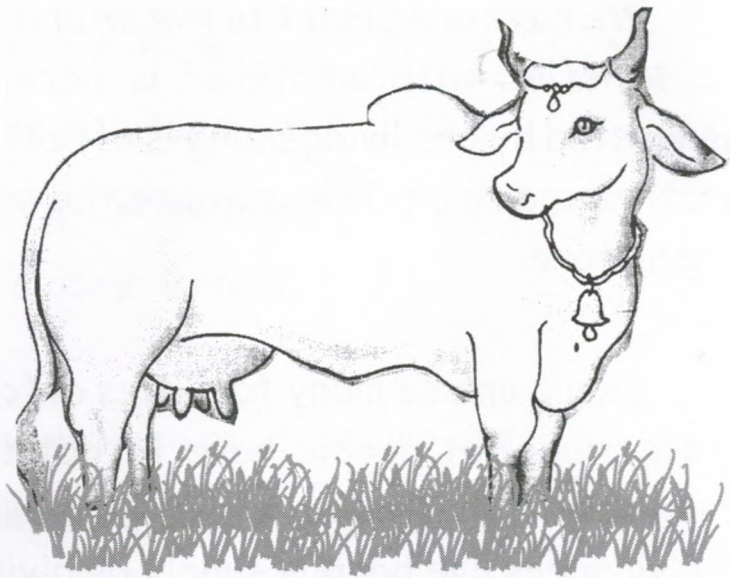
This implies that welfare and well being of cows means progress and prosperity of human beings and neglect and mistreatment of cows means degradation and ruin of humans.

The great sage Chyavana said, "I do not see any wealth in this world equal to the cow. Hear and chant the glories of the cow. Give cows in charity and see cows everyday." (Mahabharat Dan Dharma Parva)

Amazing Facts

Cows are intelligent and curious animals who enjoy solving problems and interacting with their environment. They have long memories and are capable of learning lessons from each other, just as humans do.

For example, cows can learn how to push a lever to operate a drinking fountain when they're thirsty or to press a button with their heads to release grain when they're hungry.



Much like humans, cows vary widely in intelligence and personality. Some seem bold and adventurous while others are shy and reserved.

- Cows can see colour.
- Cows can detect odours up to 5 miles away.
- Cows can hear lower and higher frequencies better than humans.
- Cows are very social animals. They form large herds and just like people, they will bond with some herd members while avoiding others.
- They "moo" and use different body positions and facial expressions to communicate with each other
- Cows have almost total 360 degree panoramic vision.
- When galloping through boggy, soggy places or deep mud, cattle can run faster than horses. They have cloven hooves and their toes spread so their wide feet do not sink as deep as those of the solid-hoofed horse.
- Cows produce around 90 percent of the milk in the world.

Cows In Vedic Culture

When Krishna was a small baby a wicked she demon named Putana came to feed Krishna poisoned milk. She could do no harm but was easily killed by Krishna.

When the gopis saw little Krishna fearlessly playing on Putana's lap, they very quickly came and picked Him up. Mother Yashoda, Rohini and other elderly gopis immediately performed auspicious rituals by taking the tail of a cow and circumambulating His body. The child was completely washed with the urine of a cow and the dust created by the hooves of the cow was thrown all over his body.

This was all just to save little Krishna from future inauspicious accidents. This incident gives us a clear indication of how important the cow is to the family, society and to living beings in general. Mother Yashoda was firmly convinced of the Vedic injunctions about the importance of cows and the holy name of Lord Vishnu.

The transcendental body of Krishna did not require any protection, but to instruct us on the importance of the cow, the Lord was smeared over with cow dung, washed with the urine of a cow, and sprinkled with the dust upraised by the walking of cows.

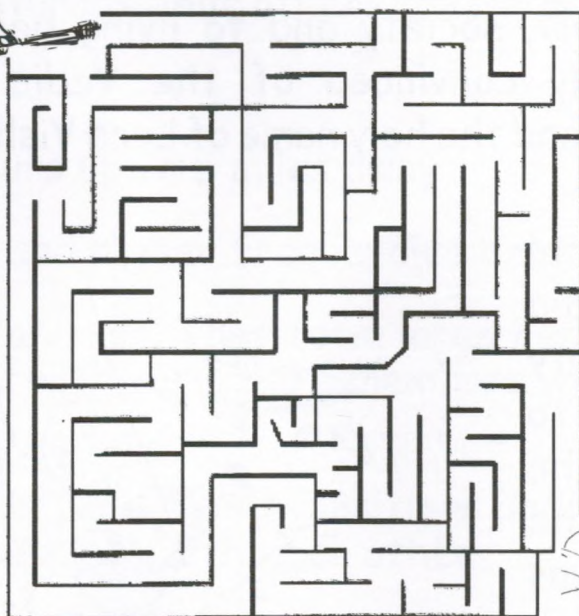
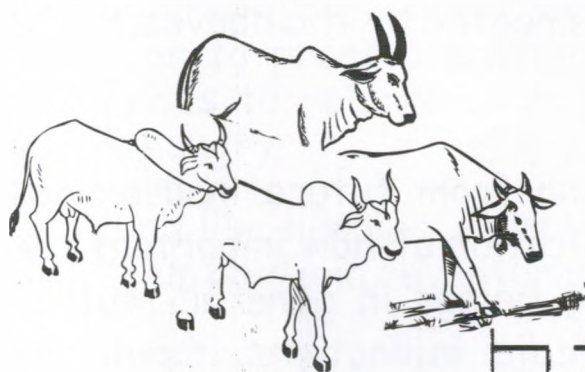


Cows Running To Calves

Symbol of a mothers love

When the cows saw their own calves from the top of Govardhana Hill, they forgot themselves and their caretakers because of increased affection, and although the path was very rough, they ran toward their calves with great anxiety, each running as if with one pair of legs. Their milk bags full and flowing with milk, their heads and tails raised, and their humps moving with their necks, they ran forcefully until they reached their calves to feed them

(Shrimad Bhagavatam)





Urindavana's Soft Dust

(Take the stickers from the middle page and put them in the right place.)

"Ha! Ha! Ha! Ha! Ha!" the gopas giggled.

"Gopal You are such a baby."

"Your maiya only gives You calves to take care of Baby! Baby!"

hearing the teasing words of the gopas Gopal's lower lip started to tremble. Big tear drops fell from his rosy cheeks like shiny pearls. The words of His gopa friends rang in His ears. He pattered on His little lotus feet, back to the palace.

The sky was a bright orange. The sun was setting. Mother Yashoda was waiting at the doorway. She spotted her beloved child. He was all alone today. She ran ahead to welcome Kahna. Without even looking at her Gopal ran right past her.

"Kahna!Kahna!"Maiya called. "Listen to me"she said walking into His





room. "Come let me bathe You, You are covered with dust.

"Why won't You talk to Your Maiya? Tell me what the matter is.

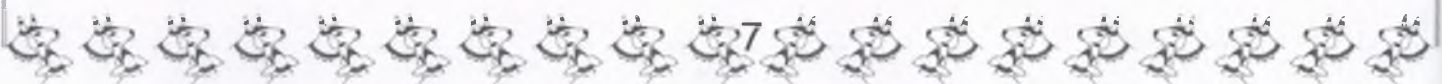
Are you hurt? Did Dauji say something to You?"

Gopal looked so sad. "Come I've made sweets for You" said mother Yashoda trying to coax her son to talk. "Do You want some sweet rice..... or puris filled with cream?"

But nothing seemed to make Kahna happy. In this way He fell asleep.

That night Yashoda spoke to Nanda Maharaja. "Kahna has become a big boy now. He is five years old. I've been thinking that we should hand over the charge of the cows to Him. What do you think? Am I right?" Nanda Baba agreed readily.

Next morning when Gopal woke up, Mother Yashoda said "I've spoken to Nanda Baba. He said Kanha has become a big boy now. From





today He must take care of the cows. Be quick now, You have to take the cows to the forest."

Gopal leapt into His mother's arms with a big smile. He appeared like a fully bloomed lotus. That morning Gopal got ready very fast. In no time He was at the doorway.

He was amazed to see that there were so many cows.

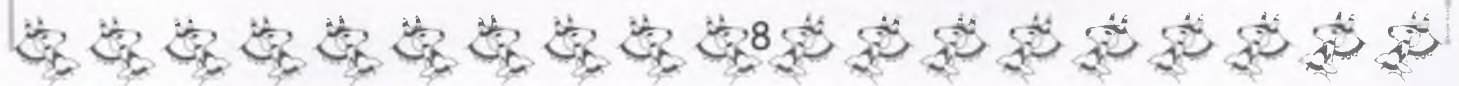
Nanda Maharaja had nine lakh cows.

Yashoda maiya handed Gopal a lunch bag, an umbrella and His shoes.

"But Maiya, what about my cows ? How will they walk without shoes?

Is there anything to protect them from the sun? If not, please give Me shoes and umbrella s for My cows too."

"Shoes, umbrella s for cows ? Whoever heard of that Kanha? And we have nine lakh cows. Each cow has four hooves. Moreover cows don't need shoes."



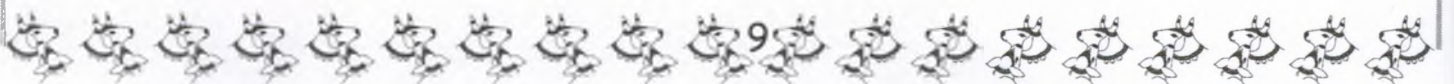


"Maiya, if you won't give Me shoes and umbrellas for My cows, I too will go to the forest without My shoes and umbrella."

Mother Yashoda had no choice but to allow Gopal to go without shoes and an umbrella.

When the cows heard that Gopal would go into the forest without His shoes, their hearts filled with sorrow. The cows could not bear to think that their beloved Gopal would walk on the thorny rocky paths in the forests of Vraja.

They started stomping the ground with their hooves. They stomped and stomped till the dust of Vrindavana became very soft. In fact they stomped so hard that it became as soft as butter. Now they were happy that Gopal would have no trouble walking barefoot in the forests of Vraja.



Milk Pots

These Gopis are carrying pots of fresh cow milk.

Can you spot the differences?



Complete the drawing
and colour the pot.

Name your favourite
milk sweets.



Moo! Moo! Moo!

Sing this lively song to the tune of 'Bits of Paper'

Are all the boys here? Are all the cows here?

Krishna's calling you,

Balarama's calling too !

Krishna blows His bugle, it's early in the morning.

Moo! Moo! Moo! Moo! Moo! Moo!

Krishna's cows are here, Krishna's cows are here,

Brown and grey,

Black and white.

Hear their bells tinkling, see their tails swishing.

Moo! Moo! Moo! Moo! Moo! Moo!

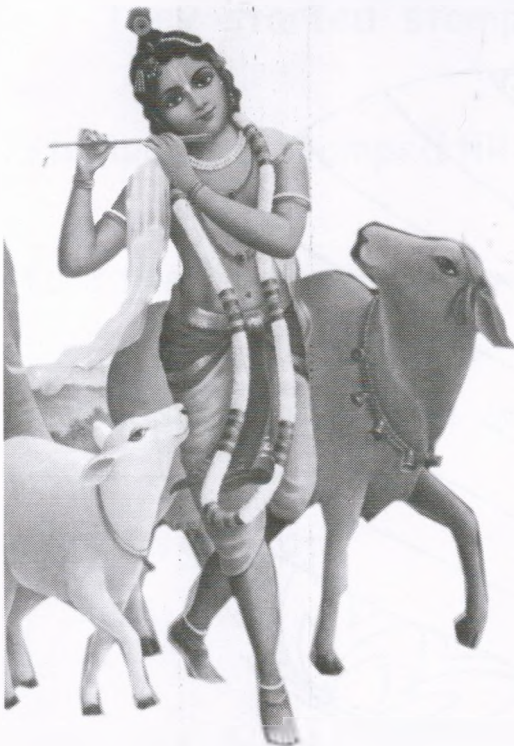
Krishna's friends are here, Krishna's friends are here.

Please come too,

Bring your cows too.

Have you got your lunch box? Have you got your bugles?

Moo! Moo! Moo! Moo! Moo! Moo!



We're going to the forest, we're going to the forest.

Our cows gaze there,

As we play there.

The cows eat green grass,

We share the lunch we brought.

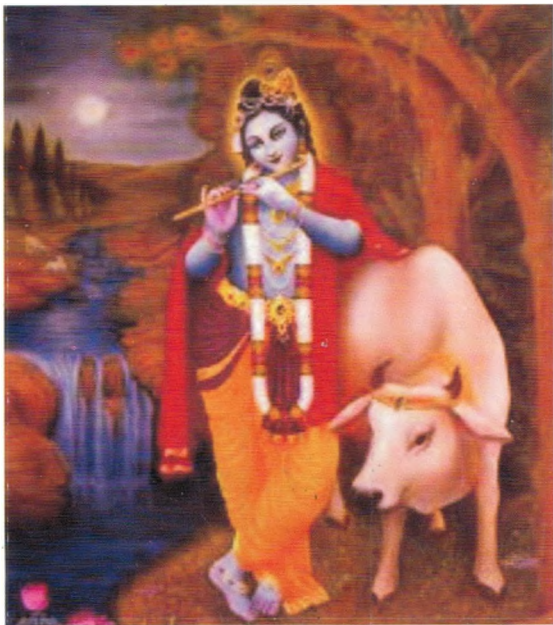
Moo! Moo! Moo! Ha! Ha! Ha!

Moo! Moo! Moo! Ha! Ha! Ha!

Moo! Ha! Moo! Ha! Moo! Ha!

Moo! Moo! Moo! Moo! Moo! Moo!





Padayatra



Since 1984 the Padayatra has been on the road in India bringing the Lord's mercy to the remotest corners of the country.

There are special bulls that travel long distance carrying the deities of the Lord. The devotees walk along singing and dancing.

The Padayatra bulls belong to a very special breed called Kankrej, coming from Northern and Western Gujarat. They are well known for their large bodies, strength and magnificent towering horns. Wherever the Padayatra goes, the crowds are fascinated by the regal looking bulls.

The bulls have to travel long distances, often going up and down mountainous terrain. Sometimes its freezing cold and other times its very hot. Occasionally there are places where food and water are not easily available. Yet the faithful bulls continue their service patiently, day after day. Each cart weighs about two thousand kilos but the bulls never grumble. Some have been around the whole country twice. The bulls have names like Kalia, Bhishma, Bhima and respond to love and care. Some of the older bulls cry tears if they are left behind.

One of the original Padayatra bulls, Bhishma has walked at least 20,000 kilometers. Indeed these bulls are living examples of Dharma. Such divine service is very very rare in this world.



The Bull and The Cow

Once the cow met the bull
With tears in her eyes.
"Oh! What's the matter?"
He said with surprise.

Said the cow, "None follow the Lord's instructions,
Making me feel so weak.
Heading for mass destruction,
Whose shelter do I seek?"

Replied the bull, " I had four legs,
Now I stand on only one.
Sins abound, all around
Alas! Kalyuga has begun."

King Parikshit to the rescue,
On a chariot of gold.
He threatened the low class man,
Whose actions were bold.

"Stop you rascal, Stop I say,
I will finish you off today!
My duty is to give protection
I'll kill you without delay."



The bull is a symbol of Dharma,
The cow represents the Earth.
Serving them reaps good Karma,
Perfection of Human Birth.

Important Animals

The bull is the emblem of the moral principle, and the cow is the representative of the earth. When the bull and the cow are in a joyful mood, it is to be understood that the people of the world are also in a joyful mood. The reason is that the bull helps production of grains in the agricultural field, and the cow delivers milk, the miracle of aggregate food values.

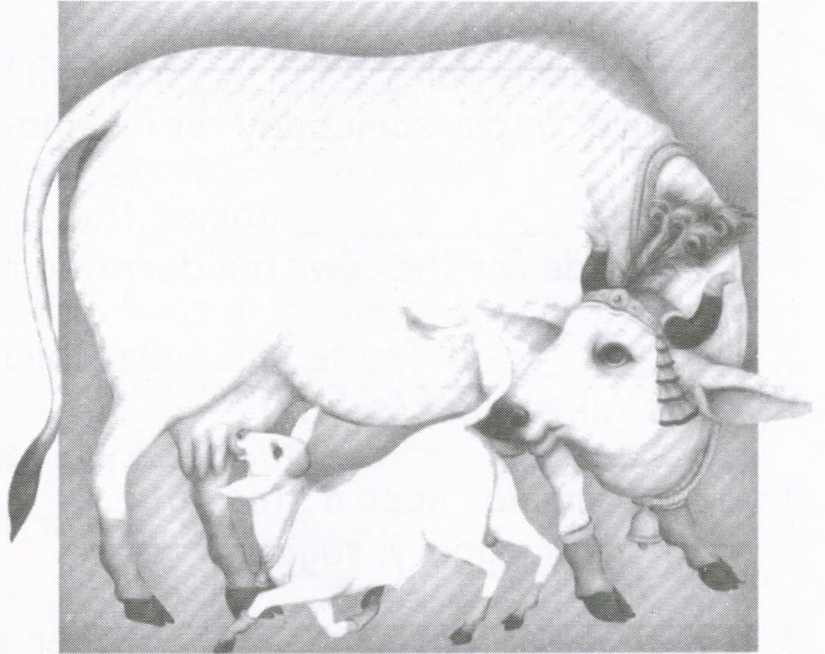
The human society, therefore, maintains these two important animals very carefully so that they can wander everywhere in cheerfulness. But at the present moment in this age of Kali both the bull and the cow are now being slaughtered and eaten up as foodstuff by a class of men who do not know the brahminical culture. - Srila Prabhupada (SrimadBhagavatam 1.16.18)

Write a short essay on Kindness to Animals.

(Please refer to a relevant shloka in Bhagavad gita)

From Cruelty to Kindness – A Cow Changed the Heart

During the 1857 Sepoy Mutiny in India, a small group of Muslim soldiers assembled in a Delhi street, tired and hungry after an intense day of looting and killing. The leader asked them to go and find some food. A group of four brought a pregnant cow, dragging it along. The cow had tears in her eyes. They threw her on the ground, tied her legs and began sharpening the knife.



Somehow the leader's heart melted at this sight and he pretended to scold them for wasting time, "Give me the knife and arrange for fuel and salt. Without that how will you cook her?" After they left, he untied her legs. Patted her and made her leave the place. The cow looked at him with eyes full of gratitude.

Shortly afterwards, they were arrested by the British and sentenced to death by hanging. When the leader's turn came, he was handcuffed, masked and the noose put around his neck. When the platform below was opened, his legs came to rest upon something which felt like two horns. His hanging was attempted three times and every time he felt two horns stopping his fall. As per the existing law at the time, he was released after three attempts to hang him failed.

As he came out of prison, he saw the same cow looking at him and walking away. Since then he dedicated himself to spreading the glories of serving cows and he would first offer prayers to the cow before going to namaz.

Steps To Save Mother Cow

Fill in the blanks with the right word :

1. Every family can _____ a cow. That means if we can't keep a cow then we can pay somebody for looking after it. (buy/ adopt/ feed)
2. In many _____ homes the first chapatti that gets cooked is kept aside for the cows.(modern/old fashioned/traditional)
3. _____ of fruits and vegetables can be kept aside to feed the cows. (skin/juice/seeds)
4. Some families keep a stock of _____ for cows since they enjoy it. (honey/jaggory/sugar)
5. On all important occasions whether birthday, wedding or even when people were ill they used to seek the _____ of cows and bull. (milk/urine/blessings)
6. _____ used to be kept in front of houses for cows and birds. Nowadays this may not be possible(water/salt/grass)
7. All families must keep aside some _____ for Go-Seva(serving cows) and Go-raksha(cow protection). Even poor people used to follow this tradition. (grains/money/clothes)
8. Eating cow flesh is totally _____. (allowed/forgotten/forbidden)
9. Cow _____ can be used like toothpaste, soap etc... (Products/things/dung)
10. Cow _____ is used as fuel and also to clean and purify the house. (urine/ghee/dung)
11. A cheap and effective system of medicine is called _____ based on cow products. (allopathy/panchgavya ayurveda/ naturopathy)

Gifts of Mother Cow

Cow dung is the best manure
Keeps soil and air, clean and pure
Chemicals make the ground dull and dry
Cow dung is free, no need to buy
Drives away mosquitoes in the night
Cures us from burns and snake bite
Ayurveda says it improves imbalance
Cleaning the blood, life enhanced.

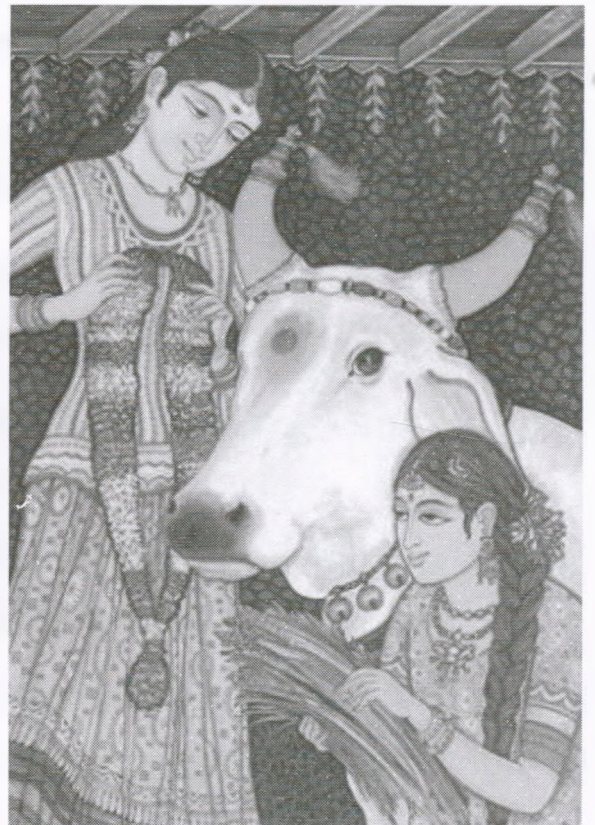
Pure ghee was valued down the ages
Used for holy yagyas by saints and sages
Ghee drops are useful for eyes and nose
Massage with ghee from head to toes
1 teaspoon of ghee a day
Keeps deadly diseases away
Cook with ghee for health and taste
Money well spent, never a waste.

Cow milk is an ideal food
Young or old it does one good
Amino acids, vitamins and calcium
Milk provides perfect nutrition
Besides these, there's a much greater gain

It nurtures finer tissues of the brain
Offer milk sweets for Krishna's pleasure
Avail of His mercy- greatest treasure.

Did you know that cow urine
Purifies the air, drives away sin?
Any disease, skin, head or heart
Urine therapy plays a part
On the walls, on the ground
It can be sprayed all around
All auspicious nothing to fear
Creates a festive atmosphere.

Curd is tasty, cool and nice
Pep it up with some sugar or spice
Good for health, delicious too
Buttermilk and yogurt for me and you
Benefits the body in many a way
Some people have it everyday
Panchgavya amazing gifts of mother cow
Worship her, serve her, begin right now!



Become Your Own Doctor

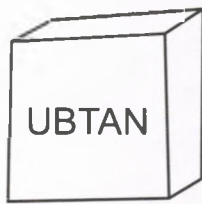
ja ghar tulasi aru gai, ta ghar vaidya kabhu na jaye

a house that has a tulasi plant and a cow is never visited by a doctor.

Many ayurvedic medicines and other useful things are made from cow products.

Can you guide the following people as to which product they should use? (you may suggest more than one product)

1. Ravi has been working on the computer all night long to finish his project _____
2. Harini went for a school picnic and sat in the hot sun and now she has a headache. _____
3. Geetika is sneezing a lot. _____
4. Drishti eats toffees and sweets all the time. _____
5. Resham keeps on scratching her head. _____
6. Grandmother travelled in a rattling bus for two hours. _____
7. Deepa wants her photo to look good in the school magazine. _____
8. Grandfather is going to worship the Lord. _____
9. Shyamala likes soft and silky hair. _____
10. Yash played football and his body is aching. _____
11. Manoj shaved in a hurry and got cuts on his cheek. _____
12. Meena has very dry skin and wants a mild soap. _____



a good substitute for soap,
makes skin fresh and glowing



drops for relief from cold and from headache.



relief from muscular aches and pains.



COW DUNG
CAKES

cow dung cakes for yajna and
getting rid of mosquitoes.



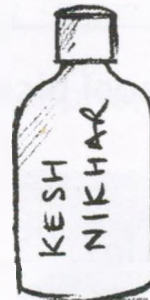
minor cuts, disinfectant,
skin problems, after shave lotion.



incense with nice fragrance
useful for purifying atmosphere.



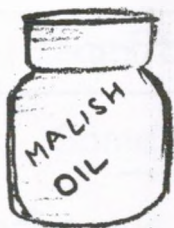
mix with milk and rose water and
apply on face removes pimples,
makes skin glow.



Hair conditioner, removes
dandruff and has cooling effect.



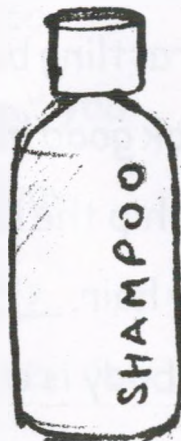
eye drops useful for eye strain,
itching and redness of eyes.



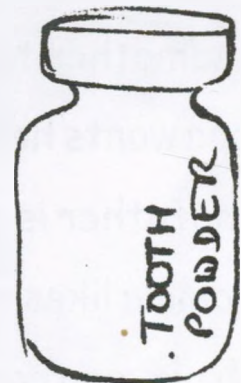
massage oil to get relief from
pain in any part of the body.



good for
common cold.



for silky soft hair.

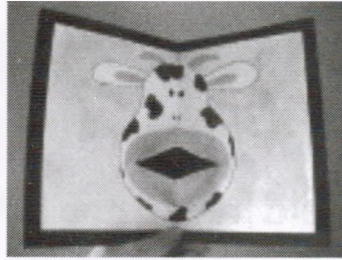


protects teeth and gums,
keeps mouth fresh.

Make Your Cow Talk!.....

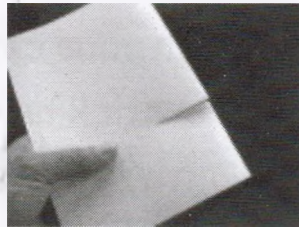
Here's what you'll need...

- o 1 piece of white card paper
- o 1 piece of black card paper (or whatever colour you want to make the back of your card)
- o Glue
- o Paint, markers or crayons, what ever you want to draw your cow with



Here's how you make it...

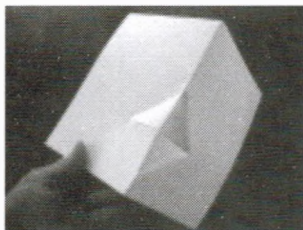
1. Fold your white paper in half and cut a straight slit. Make the cut half as big as you would like your cow's mouth. Cut the slit about 2/3 down the page.



2. Fold the edges down to make 2 triangles, then open your paper all the way.



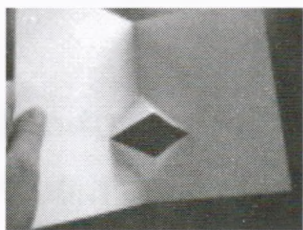
3. Hold the paper with the folded edge towards you, as shown in the picture.



4. Poke each triangle through, turn your card to the inside, and fold the mouth out along the 'fold lines' that are already on your card (this is the tricky part, but once you've done it, it's easy!)



5. The inside of your card should have a pop out mouth now (see picture).



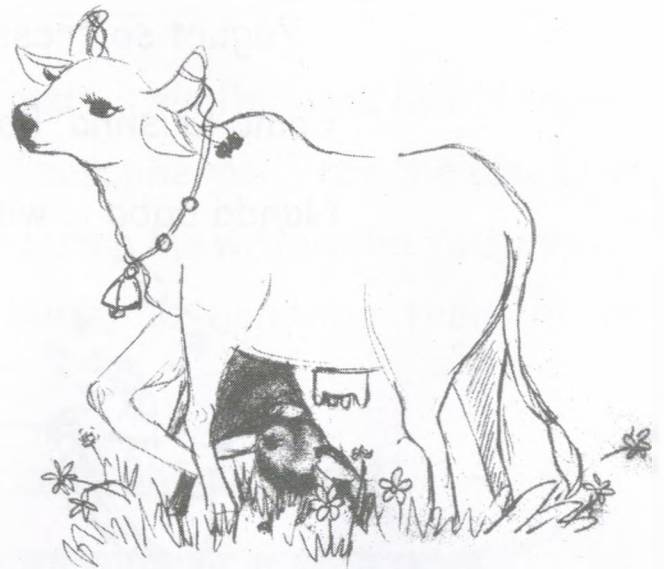
6. Now your ready to paint or draw on your cow. Once you've finished your drawing you will need to glue or stick on your card back (which is also the color inside your cow's mouth).

Now make your cow talk!.....

mooooo...I love Krishna

Cow to Me

Draw a flow chart how you get your milk from mother cow ...do remember to include the step when you offer the milk to Lord Krishna ..that will make mother cow very happy



Cow protection is recommended in the Vedic literature because it is giving the most valuable foodstuff, milk. Apart from other sentiments, it is supplying, and in exchange of nothing. She simply eats some grasses from the ground. That's all. From paddy, you take the rice. You supply the straw and she delivers you a very nice foodstuff.

- Srila Prabhupada

KRISHNA'S COWS

Hamsi Surabhi O Shyamali

Gauri Mridangi O Dhavali

Krishna's cows moo moo moo

Milk so white and fragrant too

Churn it into butter, make it into ghee

Yogurt so fresh, sweet and creamy

Come Krishna, Balarama stop your play

Nanda baba is waiting come right away



Shlokas

"Of all kinds of gifts, the gift of cows is applauded as the highest. Cows are the foremost of all things. Themselves sacred, they are the best of cleansers and sanctifiers. People should cherish cows for obtaining prosperity and even peace. Cows are said to represent the highest energy both in this world and the world that is above. There is nothing that is more sacred or sanctifying than cows.

Mahabharata. Anusasana Parva.

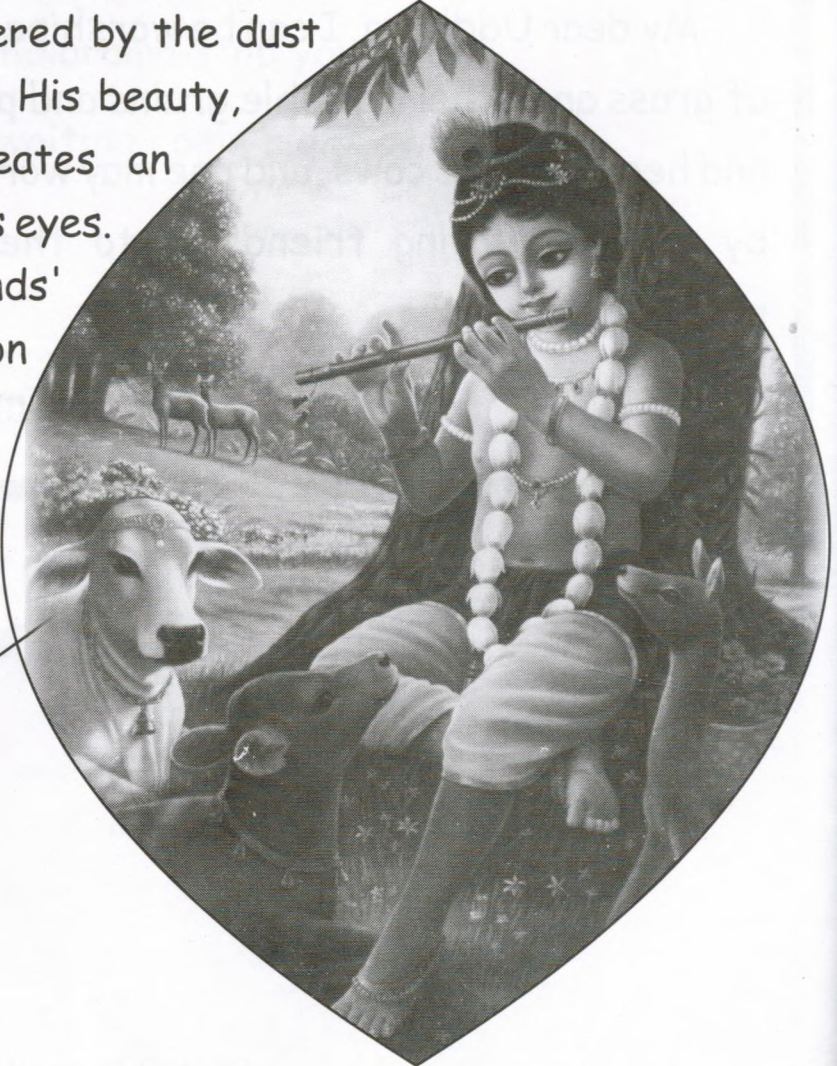
My dear Uddhava, I can be worshiped within the cows by offerings of grass and other suitable grains and paraphernalia for the pleasure and health of the cows, and one may worship Me within the Vaishnavas by offering loving friendship to them and honoring them in all respects.

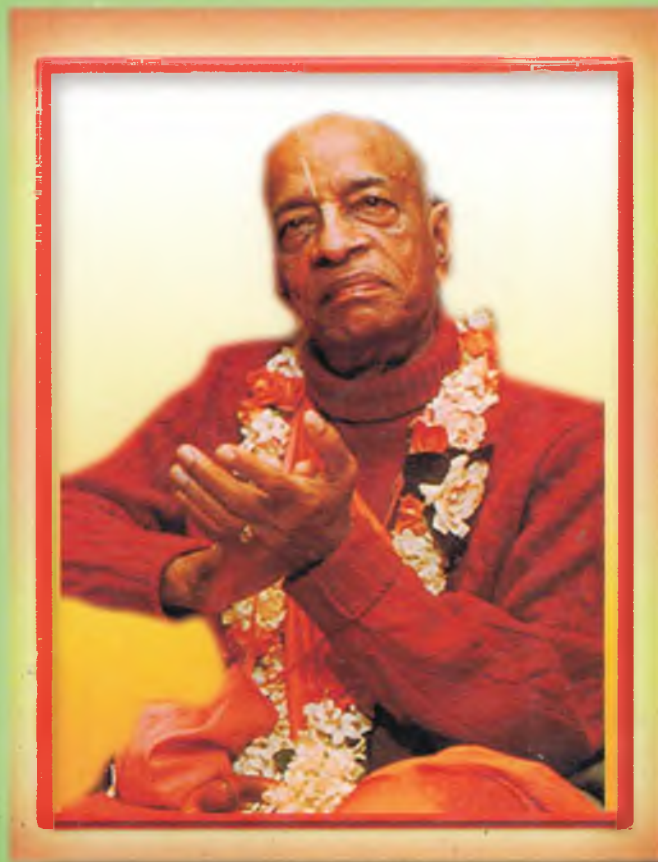
Śrīmad Bhāgavatam 11.11.43-45

Shlokas

Out of great affection for the cows of Vraja, Krishna became the lifter of Govardhana Hill. At the end of the day, having rounded up all His own cows, He plays a song on His flute, while exalted demigods standing along the path worship His lotus feet and the cowherd boys accompanying Him chant His glories. His garland is powdered by the dust raised by the cows' hooves, and His beauty, enhanced by His fatigue, creates an ecstatic festival for everyone's eyes. Eager to fulfill His friends' desires, Krishna is the moon arisen from the womb of mother Yashoda.

ShrimadBhagavatam
10.35.22-23





His Divine Grace A.C. Bhaktivedanta Swami Prabhupada
Founder Acharya - International Society for Krishna Conciousness
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